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In The Mindfulness Coloring Book, accomplished illustrator Emma Farrarons presents 70 intricate and beguiling patterns to help you color your way to tranquility. Here are flowers, leaves, butterflies, and birds alongside rolling waves and kaleidoscopic designs.

The Mindfulness Coloring Book: Anti-Stress Art Therapy by

Anti-Stress Art Therapy When Times Are Tough Working with your hands and cultivating mindful focus are two of the best ways to relax. The Mindfulness Creativity Coloring Book provides a creative way to do both, adding a new element to the mix—designs that you complete yourself.

The Mindfulness Coloring Book - Volume Two: More Anti

The Mindfulness Coloring Book: Anti-Stress Art Therapy for Busy People by Farrarons, Emma and a great selection of related books, art and collectibles available now at AbeBooks.co.uk.

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By Emma Farrarons The Mindfulness Colouring Book: Anti

Mindful coloring is a simple yet powerful practice that combines the proven, time-honored tradition of thoughtful meditation with the growing popularity of adult coloring books, and shows that any activity, done right, can be an exercise in mindfulness. In *The Mindfulness Coloring Book*, accomplished illustrator Emma Farrarons presents 70 intricate and beguiling patterns to help you color your

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Bing: The Mindfulness Coloring Book Anti

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The Mindfulness Colouring Book: Anti-stress Art Therapy

This beautifully illustrated colouring book is filled with templates of exquisite scenes

and intricate, sophisticated patterns, prompting you to meditate on your artwork as you mindfully fill these pages with colour. Take a few minutes out of your day - wherever you are - and colour your way to peace and calm.

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